

Employee Assistance Program (EAP)



Developing a Positive Attitude

When your life starts to feel a little out of control, you can forge your own path by maintaining a positive attitude. Having a positive attitude is not the result of having a great life; having a great life is the result of having a positive attitude. So the choice is yours. Don't just endure life. Make an active choice every day to enjoy it!

Whether you're heading to work, school or off to take care of life's other responsibilities, there are ways you can start your day with a positive attitude:

- Tell yourself, "It's going to be a beautiful day."
- Smile and greet everyone you meet cheerfully and say something positive.
- Respond "I'm great!" when people ask how you are.
- Spread some good news around.

By making these choices, you set the tone for the rest of the day and put yourself in a better position to cope with any difficult situations.

Here when you need us.

Call: 888.275.1205, Option 7

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